

#### ABSTRACT OF THE DISCLOSURE

In an information storage medium, information about a user data area where user data is recorded is recorded in at least one of an area right before and an area right after a basic recording unit of the user data area. In a method of recording and/or reproducing data with respect to an information storage medium, information about a user data area where user data is recorded is read from at least one of two areas right before and after the user data area, and the user data area is recognized using the read information.